



22d MEU

Family Readiness Newsletter

"THIS NATION WILL REMAIN THE LAND OF THE FREE ONLY SO LONG AS IT IS
THE HOME OF THE BRAVE." ~ELMER DAVIS

SUMMER EDITION

July & August 2011

In This Edition:

- From the Commanding Officer
Page 2
- The Sergeant Major Speaks
Page 3
- From the Family Readiness Officer
Page 4-5
- Chaplain's Corner
Page 6
- Volunteer Voices & Views
Page 7
- Section Updates
Page 8-11
- The Military Family
Page 12, 13
- Event Calendar
Page 14
- Useful Information
Page 15
- OPSEC
Page 16

USS BATAAN, At sea – Marines and sailors with the 22nd Marine Expeditionary Unit and Bataan Amphibious Ready Group completed the Spanish Amphibious Bilateral Landing Exercise, also known as PHIBLEX 2011, off the coast of Spain, June 29.

The exercise began June 22 and partnered 800 Spanish service members with 4,000 sailors and Marines from the 22nd and BATARG for combined joint air and amphibious operations from the sea and on the shores of Spain.

"Spanish PHIBLEX was the culmination of over six months of very deliberate planning and coordination between 22nd MEU, Sixth Fleet, U.S. Embassy in Spain, and Spanish planners that paid off over the last 10 days with some tremendously valuable military-to-military training," said Col. Eric Steidl, commanding officer 22nd MEU. Sharing the common bond found between brothers-in-arms, we and our Spanish counterparts developed lasting relationships and took away many valuable lessons learned. This was truly a great experience and one that will be remembered for a long time. Congratulations to the Marines and sailors of 22nd MEU and BATARG for the safe and timely execution of a very dynamic and complex exercise."

Spanish PHIBLEX was specifically developed to improve interoperability, increase readiness and develop professional relationships between the two forces.

"It was great to be out here conducting valuable training with our long-standing Spanish partners," said Capt. Steve Yoder, commander, Amphibious Squadron (PHIBRON) 6. "Over the past several days we've tested our amphibious capabilities as a bilateral team, and I could not be more proud of how each sailor and Marine performed. This was truly a graduate-level exercise, and every person rose to the challenge by accomplishing each task smoothly, safely and professionally."

PHIBLEX 2011 took weeks of planning and coordination between the Spanish and U.S. forces.

"The planning and the decision making process was great to be a part of," said Spanish Marine Corps Maj. Carlier Grana, operations officer, Commander Naval Group 2. "It's always a benefit when our two countries can work together. In our current international environment emerging risks exist that make it extremely important for us to be familiar with one another."

The bilateral training gave planners and leaders alike, a reason to laud this two-week training evolution.

FROM THE COMMANDING OFFICER



**“...there is
nothing like the
smile you see
when someone
gets a special
package or
letter from
home.”**

Family and friends of 22d MEU,

I trust everything is going well for everybody at home. The last couple of months have been extremely busy for your Marines and Sailors. Operationally, we have participated in several exercises – Greek Bi-Lat, Spanish PHIBLEX, and NEO-FEX – as well as continuing our tasks in support of Operation UNIFIED PROTECTOR. Each of these exercises provided us an opportunity to get off the ship and train with our partner nations. It’s not uncommon to meet people we have trained and worked with in the past; in Spain we met a number of Spanish Marines who operated next to our MEU in Haiti when the MEU was deployed there last year. But it has not been all work and no play; we also enjoyed several quality liberty ports – Souda Bay, Greece; Palermo, Sicily; Palma Majorca, Spain; Cannes, France; and Naples, Italy. All of these ports offered our Marines and Sailors a chance to experience food, culture, and sites people generally read about. All in all, it has been a fast paced summer for 22d MEU.

The SgtMaj and I get to see the good things the Marines and Sailors of 22d MEU do every day. Operationally, they have met the challenges this deployment has presented with composure and professionalism – they make the complicated and complex look easy. The beginning of each month is also especially enjoyable as we promote and recognize some very special and talented Americans. Being able to share these moments is tremendous, however, we all know their promotion and success is not possible without the support of their fellow Marines and Sailors, and support from you, their family and friends.

Please keep the mail coming – it helps the Marines and Sailors stay focused and motivated as our deployment progresses and there is nothing like the smile you see when someone gets a special package or letter from home.

As the deployment progresses, please be wary of information you see on Facebook and other social media sites, as rumors and mis-information abound. One rumor that has been making the rounds relates to our return from deployment. In short, 22d MEU is not scheduled to return earlier than our original return date in February 2012. Furthermore, none of our dets or attachments are scheduled to return early. As a forward deployed force, 22d MEU will move about the world as directed by our higher headquarters. While Marines and Sailors may return before the end of the deployment, they are returning for reasons such as Emergency Leave and needs of the command and in most cases, they will return to the deployment after completing their business. If you have any questions or concerns, please contact Mr. Frank Smith (22d MEU Family Readiness Officer); he is a wealth of information and experience ready to assist. He can be reached at: frank.smith@usmc.mil or by phone in his office at 910-451-0421 or on his cell at 910-382-0896. Another great source of information is the 22d MEU web-site at: (<http://www.marines.mil/unit/22ndMEU/Pages/welcome.aspx>).



THE SERGEANT MAJOR SPEAKS

Dear Friends and Families of 22d MEU Command Element,

I want to express how proud I am of the Marines and Sailors of the 22d MEU. They continue to represent the Marine Corps in the traditional fashion of highly disciplined professionals. Field training in the coming weeks will be a great opportunity for the Marines and Sailors to get ashore to stretch their legs and hone their skills.

The Family Readiness Team has done a great job putting their team together and creating a first class program. Thanks for working so hard. I am confident all of the teamwork and coordination that has been developed will keep everyone up to date with the latest and most accurate information during the deployment.

Last but not least, I want to thank you for all that you do to hold the military families together during our absence. As we have just observed America's Independence Day, I ask that you pause and find the time to be mindful of the freedoms we enjoy as a nation.

SgtMaj Chapman
22d MEU Sergeant Major



“As we have just observed America's Independence Day, I ask that you pause and find the time to be mindful of the freedoms we enjoy as a nation.”

FROM THE FAMILY READINESS OFFICER



"When you're prepared, you're more confident. When you have a strategy, you're more comfortable."

***~Fred
Couples, Golf
Pro***

Time is flying by. Now four months into the deployment and summer has arrived! Many families have left the Jacksonville area to visit friends and family out of state. Please keep your FRO informed of your whereabouts in the event of an emergency. Several of you already have and I thank you for your diligence.

School is out and many kids are at home beginning to encounter the boredom stage or under-foot driving Mom crazy. Fortunately there are several summer programs available here in the Camp Lejeune area. The City of Jacksonville Parks and Recreation Department in concert with Onslow County Parks and Recreation have several programs available this summer that offer youngsters the opportunity to exert that perpetual stockpile of energy. They sponsor trips to zoos, water parks, the North Carolina Aquarium, and offer tours of the USS North Carolina, a de-commissioned battleship exhibit in Wilmington, NC. Visit www.ci.jacksonville.nc.us or phone (910) 938-5314 for city recreation or www.co.onslow.nc.us/parks/ or phone (910) 347-5332 for Onslow county parks. Marine Corps Community Services here on base also offer a variety of affordable summer programs. Many of these programs are free of charge. Visit <http://www.mccslejeune.com/camps/index.html> for more information.

We also have several events planned during the warm weather. We enjoyed seeing everyone at the 4th of July Fireworks Extravaganza here on Camp Lejeune. On July 9th we sponsored a Deployed Spouses Self Defense Class. On July 16th the 22d MEU ACE sponsored an "In the Midst" Workshop. On July 28th CREDO sponsored a Deployed Spouses Retreat at the Trinity Center at Atlantic Beach from 9:00am – 3:30pm for 22d MEU Spouses. With the variety of events, we hope to offer something you will enjoy.

Beginning with this edition, the 22d MEU Family Readiness Newsletter will be published **seasonally** with periodic updates from the CO until the MEU returns. Because we believe in conserving our resources, we will no longer mail newsletters via USPS. The newsletter is available on the 22d MEU website at www.marines.mil/unit/22ndmeu. I ask that anyone that would like to receive the newsletter by e-mail please send me your current e-mail address and I will gladly forward future newsletters electronically.

Other great sources of information is our website at www.marines.mil/unit/22ndmeu, our Digital Video and Imagery Distribution website at www.dvidshub.net/units/22meu (this is a great place for photos, stories and videos that you can download), and our marines.mil news page at www.marines.mil/unit/22ndmeu/Pages/news.aspx. Save these to your Internet favorites and check frequently for updates. You may access our 24-hour hotline by calling 1-877-817-7322 (toll-free) or 910-451-8780 (Jacksonville, N.C. area) and pressing the number '4' at the prompt.

FROM THE FAMILY READINESS OFFICER (CONT)

As always, I am here to assist you in any way I can. Please don't hesitate to contact me with any questions or concerns. My goal is to keep you informed with the most up-to-date information as the direct link to our forward deployed MEU. I can be reached via email at frank.smith@usmc.mil or by phone at (910) 451-0421 (office), (910) 382-0896 (mobile) 24 hours a day 7 days a week!

Frank Smith, Jr.
22d MEU



22d MEU tent at the July 4th fireworks event on base.

"You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism."
~Erma Bombeck

THE BEST ADVICE I'VE RECEIVED...

1. "remember that he is gone not because he wants to be away from you, but because he is dedicating his life to serving his country."
2. "he misses you as much as you miss him"
3. "best laid plans are those that can be changed easily. Smile and enjoy the ride."
4. "don't let fear of the unknown immobilize you. Get out of bed praying and go to bed praying."
5. "you don't know how strong you are until being strong is your only option."

CHAPLAIN'S CORNER

Be Strong and Courageous

"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:9

It has been several months now since we left and I am sure the emotional roller coaster is in full swing. Emotions might range from lonely, to angry, to exhausted, to anticipation. You may be starting to come to grips with this deployment thing, but still are easily overwhelmed by it all. For some of you, it's the same old song, second verse (or third or whatever). All of us in the Marine Corps or Navy have been separated from our families at one time or another, but that doesn't change the fact that you never get used to it, that you still can become anxious and sad. Have no doubts, those of us deployed ride that emotional roller coaster too. We wonder what you're doing as you wonder what we're doing. We worry about you as well.

But God has a word of comfort for all of us during this time. "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go" (Joshua 1:9)

God encourages us to hang on. Through His strength we can all begin to focus on our daily tasks and responsibilities, all the while looking forward to the day when we will be reunited. We can make it through.

In the meantime, pray for us as we pray for you. Call your Family Readiness Team if you need anything, have questions, or just want to talk. Email your spouse.

Send us care boxes (we like those!). You will hear from us as often as we can. And remember, we love you.

LCDR Teddy William
22d MEU Chaplain



VOLUNTEER VOICES & VIEWS

22d MEU SPOUSES RETREAT

July 28 9 AM—3:30 PM

Trinity Center, Atlantic Beach

Continental Breakfast and lunch will be served—and it's all FREE!

Childcare vouchers will be given at the event.

SPA DAY

Because we deserve a little pampering!

Mark your calendars and get your reservations in.

Only a few spots left.

September 15, 6:00pm at Carolina Pines Med Spa.

For more details or to reserve your spot call Kathy Myers at 860-608-1172 or email house.myers@gmail.com. As always you can contact Frank our FRO at (910) 451-0421 (office), (910) 382-0896 (mobile) 24 hours a day 7 days a week!



Command Element

Kickball Team

T-shirts are *here!*

(all the cool kids are wearing them)



Kickball Team! JOIN NOW!

Join us for Kickball! We are looking for a few good spouses to participate in our Summer Kickball Challenge. The season starts soon. We will play one Saturday or Sunday a month from about 2:00—4:00 pm. No skill required, just a willingness to have fun and make new friends! If you are interested, please contact Erin Lynch at enllynch@yahoo.com or at 540-420-0629.

Ladies of Leisure Lunch/Dinner/Movie Club

We're STILL looking for a coordinator for our monthly Leisure Club. Interested?

Contact Kathy Myers at 860-608-1172 or house.myers@gmail.com.

SECTION UPDATES

Public Affairs/Combat Camera - Capt. Strickland, Public Affairs Officer

The Marines of the combined Combat Camera and Public Affairs shop have been very busy these past several weeks. **Cpl Raufmann and Sgt Blanchard** spent nearly three weeks with CLB 22 and BLT 2/2, training on the Isle of Crete where they covered bilateral training exercises with the Greeks. I will admit **Cpl Henderson** probably had the best seat in the house when he participated in a parade to celebrate Italy's 150 years of the country's unification. A platoon of Marines from the MEU marched in the parade including more than 6,000 people from countries around the world and their militaries. This was definitely a first for the Marine Corps and your 22nd MEU Marines were an outstanding representation of our great Corps.

We continue to keep our spirits high and the Marines remain engaged with numerous training opportunities ashore throughout the Mediterranean, aboard USS Bataan and the other ships within the BATARG. The Marines repeatedly produce a quality product to help tell our story and explain to our families, friends and the media how capable and specialized we are as a Marine Air-Ground Task Force. Their energy and initiative ensure we will always have a consistent flow of product to share with the world.

Over these next few months we are optimistic with updating the MEU Web and uploading photos, stories and video to our other sites that help put the MEU on the map. **SSgt Campbell** continues to diligently update the current Web site, at the same time preparing yet another migration to a new Web site, which we hope to share with you in the near future.

GySgt Rainey remains a steadfast force we all rely on to ensure our shop stays in the loop with the MEU units and detachments and BATARG. As an example, in order to have a great cruisebook, we need as much participation as possible from enlisted to officer, and Gunny engages and encourages our MEU Marines and Sailors to submit candid shots and schedule group photos. And by the way, we look forward to this deployment's cruisebook as it will be nothing short of outstanding.

We continue to focus on distributing our products to the Web for you to see and read as quickly and efficiently as possible. I am proud to say all of our products are a true testament to the skill and professionalism of each of our Marines; many of which are used by local, national and international news agencies all over the world.

We know our families and friends are looking at our Web sites on a daily basis and we didn't want to leave anything out. To see the immense amount of products published, please visit our DVIDS Web site at www.dvidshub.net/units/22meu and our Official Web site www.marines.mil/unit/22ndMEU/Pages/welcome.aspx.

If you have any questions or comments, please email me: binford.strickland@usmc.mil.

S-1 (Administration) - Capt. Michael S. Beams, Adjutant

The S-1 shop remains busy as we near the four-month mark of the deployment. First, pay and entitlements have been a priority since we departed Camp Lejeune. Career Sea Pay and Imminent Danger Pay have started, Family Separation Allowance has started for those qualified Marines/Sailors, and the Commuted Rations have been deducted for enlisted personnel. The Marines and Sailors on the USS Bataan are not serving in a Combat Zone Tax Exclusion area – but if/when that occurs, we will publish that information in future newsletters.

SECTION UPDATES

S-1 (Administration) - (cont.)

Secondly, mail is being received on a regular basis. Packages appear to be arriving in good shape. Also, stamps can be purchased in the Ship's Store, and the ship's Post Office can deduct postal fees from the Navy and Marine Corps Cash Cards. I would still recommend sending stamps in future care packages, just to be on the safe side.

Finally, the S-1 Marines have been doing phenomenal work. **Corporal Gopee** graduated from the Corporal's Course in May; **Sergeant Bunde** has been instructing Marines in the Marine Corps Martial Arts Program; **Sergeant Schodowski** is ashore in Sigonella at the Naval Air Station facilitating Emergency Leave Travel for Marines/Sailors; **Lance Corporal Stone** has been doing a great job with the distribution of mail; and **Corporal Paszkiet** and **Lance Corporal Lang** continue their outstanding support of the MEU back at Camp Lejeune.

If you have questions regarding any administrative matter, please have your Marine/Sailor contact us aboard ship in the S-1 shop.

S-2 (Intelligence) - Maj. Meredith Tobin, Intelligence Officer

Hitting our Stride... We settled into a routine over the couple of months as we provided intelligence support for sustained operations in the Mediterranean. In an effort to help those at home understand what it is for a day in the life of the Marines in the intelligence section, we'll cover our daily schedule. Every morning at 0630 in the Joint Intelligence Center (JIC), we give our internal morning intelligence update pre-brief. This brief is a combined effort by the Navy and Marine Corps Intelligence team within the JIC. After the brief, the Marines conduct a turnover between the off-going night crew and on-coming day crew. They cover all the products, reporting and analysis covered over the past 12 hours and then head off to get a workout, catch a bit of sun and just decompress prior to getting some sleep. The day crew then begins work for the day. The weather Marines provide a forecast for the morning staff update brief as well as providing a weather brief for distribution for those not able to attend the brief. The rest of the intelligence shop to include the detachments begins work on the daily intelligence products, preparing for current and future exercises and preparing for the turnover brief. At 6:30 pm, we conduct the evening internal intelligence brief and the weather Marines disseminate a second weather brief. After the turnover brief, we conduct our evening turnover and begin the night shift.

The intelligence shop on board the ship conducts 24 hour operations. This makes each and every day nearly identical as we establish a pattern which can make each individual day seem long. However, the weeks and months seem to fly by as each day is hard to discern from the last...it's hard to believe it has been over three months since we departed the United States! We are able to break up some of the days with organized Morale, Welfare and Recreation (MWR) events on board the ship. For example, a 5k fun run on the flight deck. **Cpl Haydon**, representing the MEU intelligence shop, gave quite a few people a run for their money. Great job **Cpl Haydon**!

We want to pass a hearty thank you to all the families for bearing with us over the past month through all our connectivity issues. We appreciate your patience and understanding. Additionally, thank you for all the care packages, letters and e-mails; they provide a great source of morale on board the ship and help us to stay connected to you at home. Please keep them coming! Again, as always, our thoughts are with you at home.

SECTION UPDATES

S-3 (Operations) - Maj. John Kelley, Assistant Operations Officer

The operations section has remained very busy over the last few weeks. We have had Marines visiting many countries throughout the Mediterranean to plan future training and have remained vigilant in the tasks assigned by higher headquarters. It is an exciting time for everyone as we continue to refine our command and control procedures while we map out the way ahead for the deployment. Perhaps the most exciting event this month is a bilateral training exercise with the Spanish Navy and Marines. The MEU will finally have a chance to send Marines ashore for training via boats, amphibious assault vehicles, hovercraft, helicopters, and tilt-rotor aircraft. All the elements of the MEU will be challenged during this demanding training. Training ashore will help the section and the MEU as a whole refocus on the spectrum of operations we must be able to perform. All the Marines in the operations section are performing very well. Congratulations to **SSgt Gary Beals** and **SSgt Daniel Middleton** for their recent selection to the rank of Gunnery Sergeant. Both Marines were selected from keen competition within their military occupational specialty. This signifies their dedication and extreme hard work for the Marine Corps and the 22d MEU. The Gunnery Sergeant selection message is MARADMIN 343/11 and can be located at: <http://www.marines.mil/news/messages/Pages/MARADMIN343-11.aspx/>

S-4 (Logistics) - Maj. Sean P. Smith, Logistics Officer

Dwight Eisenhower once said “sending off your child off for a deployment is one of the hardest things I have ever experienced”. For most families of S-4 section that became reality on 29 March, 2011. Doing what the Marine Corps has instilled in each of us, Marines of the S-4 followed the order, led the way and within 30 days properly equipped, trained, and embarked with vigor for potential missions with the USS Bataan. This includes those on ship, those who headed to Sigonella, Italy and our team members remaining at Camp Lejeune.

Just two weeks prior to deployment, the S4 ensured that its highest priority, taking care of Marines, was accomplished by saying farewell and following seas to **Gunnery Sergeant Jenkins** who retired after 21 years of faithful service and to him we simply say “thank you for never dropping your pack”.

We have been underway for three short months and have already seen one promotion to Gunnery Sergeant and a noticeably increased physical fitness posture of all S-4 Marines. This is a true testament to S-4 individual drive for excellence and professionalism which has allowed personal time for Marines to better themselves in all aspects both personally and professionally.

In the upcoming months, the 22d MEU S-4 section will participate in various at sea certifications and exercises as well as getting limited time at various liberty port visits to unwind and keep their minds focused.

With all that is mentioned in this letter, it is sometimes easy to forget that this all came at a high price to the extended families. For supporting your Marine, your friend, and your confidante I sincerely pass to each of you my thanks for being that pillar from which we could have never been able to build a solid foundation for success.

SECTION UPDATES

Medical - Lt. Jamie Longobardi, Medical Officer

Is Your Music Player **Making You Deaf**?

A recent study by the Center of Advancing Health has shown that listening to a personal audio player at high volumes for extended periods of time may cause significant hearing loss. The 24-year-long study observed over 8700 young women between 1985 and 2008. A tripling of hearing problems occurred among the participants over this period of time. Of those who experienced increased hearing problems, 99.7% had used audio players. (Health Behavior News Service, August 2010).

Now we know that your music player is making you deaf, can we convince you to at least read the most recent highlights of the medical department: The medical department continues to maintain medical readiness at a high level. **HM1 Foxworth** is busy conducting Enlisted Fleet Marine Force Warfare Training and boards to provide assistance to Sailors for the completion of their Personal Qualification Standards (PQS). His efforts resulted in 21 Sailors receiving their Fleet Marine Force designators, including the requalification of **HM1 Watts** from the Command Element. Additionally, **HM3 Justice** completed his recertification in basic life support procedures. Please join the medical department in congratulating these individuals for their hard work and dedication. OO-Rah!

S-6 (Communications) - Capt. Todd Boese, Assistant Communications Officer

The Marines of the 22d MEU Communications Section continue to do exceptional work while deployed on the USS Bataan. During the last month we supported numerous rehearsals for Visit, Board, Search, and Seizure (VBSS) missions, communicating with teams of Marines boarding other ships. We also concluded our communications support that was established in Sigonella, Italy. It is good to have everyone back aboard the ship. The port visit in Palermo, Italy was an amazing chance to enjoy some cultural sights and good pizza.

Next month we will be participating in a joint exercise with the Spanish Marine Corps. A small detachment of Communication Marines will go ashore and practice doing ship-to-shore radio and data communications. We are looking forward to the opportunity to go ashore and practice setting up on land, and talking back to the ship.

Congratulations to **Sergeant Latham** and **Corporal Aguilar**. **Sgt Latham's** promotion is especially noteworthy, since it is his third promotion on the Bataan. His veteran's knowledge has been a huge benefit for the entire MEU. Recognition is also due to **Corporal Brooks**, **Corporal Foster**, **Corporal Morgan**, and **Corporal Rosabal**. The four Corporals have graduated Corporal's Course while on ship, preparing them for the leadership duties required of a Non-Commissioned Officer in the Marine Corps.

THE MILITARY FAMILY

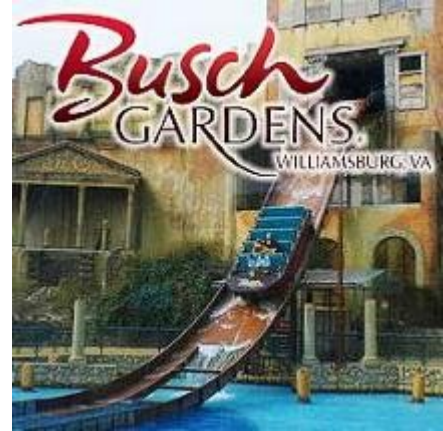
Summer Vacation means ADVENTURE!

Less than 5 hours north is beautiful Williamsburg, Virginia.

Williamsburg has

- ~Outlet shopping
- ~Historic Colonial Williamsburg
- ~Busch Gardens Theme Park

! Did you know? Busch Gardens offers free 1 day admission for active duty military and families! Visit www.herosalute.com.



??Do you know a military sponsored youth between 9 and 12 years of age?
 ??Want to add some fun to their summer?
 ??Want them to meet new friends?

If you answered yes, this is the camp for your child!

D.E.F.Y. Camp dates August 2—12.

Drug Education for Youth (DEFY) is a self-esteem building program that provides kids with the tools they need to resist drugs, gangs, and alcohol. The camp is FREE but space is limited so register today. Applications are available online at www.hg.navy.mil/defy or at the Health Promotion office, Bldg 302, between the hours of 8 am—4:30 pm. For more information call 451-2865.

Pre-School Craft Morning!

First Monday of every month

10:00—11:00 AM

MCCS Midway Park Community Center
 FREE!

Ages 2 and up.

Call 451-1807 to reserve your space.



**Members of
 22d MEU in
 Crete, Greece.**

Are you a new or expecting mom? Let us know so we can support you AND each other!
 Please contact Family Readiness Officer Frank at Frank.Smith@usmc.mil or by phone
 at (910) 451-0421 (office) or (910) 382-0896 (mobile).

THE MILITARY FAMILY

Summer Camp Funawasto! - REGISTER NOW

Children, Youth, & Teen Programs - Resource & Referral Office Bldg. LCH 4012 Midway Park Marine & Family Programs Annex Monday-Friday 8 am 4:30 pm.

Fees: \$52-\$138 per week (based on total family income) Fees include breakfast, lunch, snack, all field trips, activities, and 2 camp shirts.

Camp is available to children of Military, DoD, and MCCA employees who have completed kindergarten and not yet entered 7th grade. LIMITED SPACES AVAILABLE FIRST COME, FIRST SERVE BASIS.

Limited Daily Care spaces will be offered at \$25 per day, no more than 3 days a week.

Reservations for Daily Care are accepted on space available basis and reservations can be made two weeks in advance. Daily Care campers must purchase a Summer Camp T-Shirt for \$7 to wear on the days the child attends camp.

www.mccslejeune.com/cytp



Chicken Divan

- 2 (10 ounce) packages frozen chopped broccoli
- 2 cooked boneless chicken breast halves, chopped
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup mayonnaise
- 1 teaspoon lemon juice, salt and pepper to taste
- 1 1/2 cups shredded cheddar cheese

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place broccoli in the bottom of a 9x13 inch baking dish. Top with the chicken.
3. In a small bowl, blend the cream of chicken soup, cream of mushroom soup, mayonnaise, and lemon juice. Pour the mixture over the chicken. Top with Cheddar cheese.
4. Bake 35 to 40 minutes in the preheated oven, until bubbly and lightly browned.

*Kid Friendly Recipe
of the Month*

22D MEU CALENDAR OF UPCOMING EVENTS

- Thursday July 28 22d MEU Deployed Spouses Retreat
9 AM—3:30 PM
Trinity Center, Atlantic Beach
- Saturday August 6 Back to School Pool Party
7:30-10:00 PM
Tarawa Terrace Pool (TT II)
- Sunday August 7 Deployed Spouses Ball Committee Meeting
4 PM
Location TBD
- Sunday August 21 22d MEU Family Day
2-5 PM
New River Marina
- Thursday September 15 Spa Day
6:00 PM
Carolina Pines Med Spa
838 Gum Branch Road Jacksonville
- Sunday October 30 Over the Hump Party
(Halloween Theme Costume Party)
(Location and time TBD)
- Saturday November 5 Deployed Spouses Ball
5:30 PM Cocktails, 6:00 PM Ceremony
New River Officers Club



22D MEU

SELF
DEFENSE
CLASS

GIRL POWER



USEFUL INFORMATION

As always, we truly appreciate the

Reference	Purpose	Website / Phone
American Red Cross	Emergency information to Service Members	www.redcross.org or 1-877-272-7337 or Local (910) 347-3581 Camp Lejeune (910) 451-2182
Camp Lejeune Base Housing	Information on how to obtain military housing and check the housing list	www.lejeune.usmc.mil/family_housing.com (910) 450-1627/1628
L.I.N.K.S.	Spouse information. Learn more about the Marine Corps	www.usmc-mccs.org/links/index.cfm
MyPay	Pay Statements (LES), and adjust pay	www.dod.mil/dfas/
MOTO MAIL	To send e-letters to deployed service members	www.motomail.us/
Hurricane preparedness	Local Emergency information and help	http://co.onslow.nc.us/emergencyservices
Marine Corps Family Team Building	Provides information on resources and services	www.usmc-mccs.org/mcftb/index.cfm (910) 451-0176
Navy and Marine Corps Relief Society	Provides emergency assistance to Families	http://www.nmcrrs.org/ (910) 451-5346 Camp Lejeune
USO	United Servicemember's Organization	http://www.uso-nc.org/jaxarea.html (910) 455-3411
Women, Infants, and Children (WIC)	Assist with pre and post natal nutrition/support	2455 Tarawa Terrace (910) 347-3613
Military One Source	No cost professional counseling on any subject. You name it, we can help	http://www.militaryonesource.com 1-800-342-9647
MCCS Lejeune	Services, activities, and events on Camp Lejeune	http://www.mccslejeune.com
TriCare	Provides medical resource information	http://www.tricare.osd.mil 1-877-874-2273
New Parent Support Program	Provides information for New Parents	http://www.mccslejeune.com/mcftb/npsp.html (910) 449-9501, Bldg 4012B, Midway Park
Relocation Assistance	Incoming/Outgoing moving assistance, loan locker, welcome packages	(910) 451-1055 or 451-1056
Family Member Employment Assistance Program	Provides employment assistance information	2475 Tarawa Terrace (910) 450-1676 or 4014E, Midway Park (910) 451-3366
Marine Corps Base Camp Lejeune Information	Information on Base Commands, Schools, Housing, Legal, etc...	http://www.lejeune.usmc.mil
Information on any military Installation	Directions, procedures to gain entrance, lodging, childcare	http://www.militaryhomefront.dod.mil

**22D MARINE
EXPEDITIONARY
UNIT**

Frank Smith, Jr.
Family Readiness Officer
Frank.smith@usmc.mil
(910) 451-0421 (office)
(910) 382-0896 (mobile)

**www.lejeune.usmc.mil/
22meu**

*"In the truest
sense, freedom
cannot be be-
stowed; it must be
achieved. "*

*~Franklin D.
Roosevelt*



What Is OPSEC?

Operations Security, or OPSEC, is keeping potential adversaries from discovering our critical information. As the name suggests, it protects our operations – planned, in progress, and those completed. Success depends on secrecy and surprise, so the military can accomplish the mission faster and with less risk. Our adversaries want our information, and they don't concentrate on only marines to get it. They want you, the family member too.

You Are A Vital Player In Our Success!

As a family member of our military community, you are a vital player in our success, and we couldn't do our job without your support. You may not know it, but you also play a crucial role in ensuring your loved one's safety. You can protect your family and friends by protecting what you know of the military's day-to-day operations. That's OPSEC.

Protecting Critical Information

Even though information may not be secret, it can be what we call "critical information."

Critical information deals with specific facts about military intentions, capabilities, operations or activities. If an adversary knew this detailed information, our mission accomplishment and personnel safety could be jeopardized. It must be protected to ensure an adversary doesn't gain a significant advantage. By being a member of the military family, you will often know some bits of critical information. Do not discuss them outside of your immediate family and especially not over the telephone.

Examples Of Critical Information

- Detailed information about the mission of assigned units.
- Details on locations and times of unit deployments.
- Personnel transactions that occur in large numbers (Example: pay information, powers of attorney, wills, deployment information).
- References to trends in unit morale or personnel problems.
- Details concerning security procedures.

I love this flag. It says,

"I have a loved one deployed and I miss him every day."

You know what else it says?

"I'm home alone."

Sometimes our patriotism is best shown through our actions.

